There's nothing quite as wonderful and amazing as newborn skin. It protects baby from bacteria and germs, and helps her body hold a normal temperature. Use these research-based tips from the nurse experts of the Association of Women’s Health, Obstetric & Neonatal Nurses (AWHONN) to help keep your baby’s skin healthy, beautiful and soft.

**Bathing**

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As she grows, don’t hesitate to talk with your baby’s nurse, midwife or doctor about her particular skincare needs, such as if baby’s skin has a rash or if you’re unsure of what types of baby-specific products to use for bathing or moisturizing.

**NEWBORN SKIN & SUN PROTECTION**

**Baby’s Skin from Sun**

Most parents immediately think of bathing and diapering first when it comes to caring for their newborn skin. But all babies need protection from the sun from birth regardless of their age, race or skin color. To protect baby’s skin:

- Avoid direct sun exposure during baby’s first 6 months by covering baby when bathing and have shades or blinds shading the head and neck to prevent sun exposure and potential sunburn.
- From 6 months on, prevent sunburn with a small amount of an infantsafe sunscreen with a Sunscreen Protection Factor (SPF) of at least 5.
- Check the label of the infant sunscreen to ensure it protects against ultraviolet rays A and B, also, choose a sunscreen specifically for infant skin and that won’t sting baby’s eyes.

**Tub Bath Tips**

1. Place tubbat in a safe place and on a strong surface.
2. Swirl water so there are no “hot spots.”
3. While holding baby, lower him into the water feet first. Above baby’s head so that the water covers just up to his shoulders. If your baby’s tub provides different instructions, follow the instructions with your baby’s bathtub.
4. Your baby may fuss or cry at first. For comfort, try swaddling baby first before placing him in the water.

**Sprinkle Bath Tips**

1. Unwrap baby and wrap him in a towel or receiving blanket.
2. Lift out excess water from washcloth or washcloth pad. Place the washcloth or washcloth pad face-down on a soft place, and rinse with water from head to feet, remembering to go behind his ears and in the creases as you wash, pat with your hand or massage baby’s scalp with your hand. Lightly shampoo gently with a soft baby brush, apply an infant-safe shampoo, wet baby’s hair, then rinse with water.
3. Rub baby’s face first, body second and diaper area last. Always rub baby’s face gently to help keep your baby’s skin healthy, beautiful and soft. It’s important to learn proper bathing and diapering, how to take care of baby’s umbilical cord stump until it falls off, and how to protect her skin from the sun.

As she grows, don’t hesitate to talk with your baby’s nurse, midwife or doctor about her particular skincare needs, such as if baby’s skin has a rash or if you’re unsure of what types of baby-specific products to use for bathing or moisturizing.

**Sponge Bath Tips**

1. Use a soft washcloth in a warm bowl of water.
2. Wrap baby in a towel or receiving blanket.
3. Then, place your wrapped baby on a second clean blanket, towel, or pad.
4. Into a soft washcloth in a warm bowl of water.

**Caring for Your Newborn’s Skin**

Advice From Nurses On Bathing, Diapering & Sun Protection